

Starting next month
Senior Momentum
will be called

VintAGE

Senior MOMENTUM



VOLUME 4, ISSUE 6

Helping Older Adults Live Better in Baltimore... One day at a Time!

DECEMBER 2007

Director's message



John P. Stewart
Executive Director

As we move into the New Year, we are reminded that time is an entity that is constant to change. Just like time, change itself is unavoidable and can be seen as a benefit or a deterrent.

As we age, things about us change; however, it is up to us to see change as a benefit. As they say, "things get better with age,"

and we as older adults are not exempt from that logic.

I like to think of older adults as "vintage" — which the dictionary describes as "a group of people or things that are similar or belong to the same period of time... recognized as being of high quality and lasting appeal." CARE promotes the notion that like vintage things, people who are older, have value; and are just as good as, if not better than, their newer or younger counterparts.

As you may remember, in past editorials I've mentioned that we were trying to take *Senior Momentum* in a new direction. Where better to start than with the name?

After discussing several possible new names, and getting great feedback from our readers, we decided to move forward with changing the name of *Senior Momentum* to **VintAGE**...because like people, as it gets older, it gets better.

VintAGE will to continue to: 1) focus on articles that serve as a guide to a more quality way of living and help us improve ourselves over time; 2) advertise events and classes that will teach us new things or sharpen skills we already have; and 3) welcome feedback and suggestions from our dedicated readers who make us what we are.

VintAGE, however, will differ from *Senior Momentum* in that we will not only focus on the "traditional" older adult, but our focus will also include the influx of "Baby Boomers" who are in the process of joining the ranks of older adulthood, helping to dramatically increase our numbers.

What this means for ALL older adults is that in order to accommodate the increase in numbers, there will be a need to create additional programs, find additional funding sources, and form additional partnerships with various organizations and government agencies advocating for and delivering service to our older adults, their family members, and caregivers throughout Baltimore City.

Yes ladies and gentlemen, times are changing, and if you are an older adult — it's a change for the better.

From the CARE family — Happy Holidays and a Happy New Year!

John P. Stewart

November is National Family Caregiver Month

This past November was National Family Caregivers Month and the Baltimore City Commission on Aging and Retirement Education's Family Caregivers Program would like to commend all caregivers for their tireless commitment and hard work in taking care of your loved ones. In our effort to support your continuing to provide good care, we would like to provide you with a few care giving health tips.

As caregivers we often neglect to take care of ourselves by ignoring problems and pushing our minds and bodies to the limit. However, this type of behavior can lead to serious health problems and can permanently hurt you as a caregiver as well as the person you care for. Some of the things we can do are to follow a proper diet and exercise regularly. In addition to these activities, we must also ensure we take time to do the things we enjoy. If you would like to participate in activities or take classes, ask a friend or family member to stay with your loved so you can do those things.

Stress affects each of us differently, and your need for relaxation increases during various periods of care giving. Ways to relieve stress are also different for each person. Some techniques for relieving stress include: exercise, writing, expressing or body centered relaxation, etc. Caregivers are often faced with many challenges and decisions that can affect their lives in very negative ways. Because of this, caregivers should make sure they recognize signs of depression in both themselves, and the loved one they are providing care for. People who are depressed may:

- Think and speak more slowly than normal
- Have trouble concentrating, remembering, and making decisions

- Have changes in their eating and sleeping habits
- Lose interest in things they once enjoyed
- Be preoccupied with death and / or suicide

Some key ways to help deter depression are to maintain a positive self image, use self-care, and ask for extra support/help when the earliest signs of depression appear. If that doesn't work, seek professional help. Also, be on the lookout for signs of depression in the person you are caring for. Depression is common in older adults, especially those who have chronic diseases or who are disabled.

Being a caregiver adds another dimension to your life, but it does not mean you have to put the rest of your life on hold. Issues involving your family and other relationships, finances, job, and other responsibilities still need to be addressed. Taking time to deal with issues as they arise and planning for the future are an important part of taking care of you. Make a conscious effort every day to stay connected with family, friends, and others in your support system.

As a Caregiver you must also realize that you just can't be everything to everyone at all times. Acknowledge your limitations, and focus on what is most important. Tell yourself that you are doing a good job at a very difficult task, and ask for help when you need it. Feeling guilty is often a sign that you need a break from your care giving schedule. Ask your friends and family to pitch in. The best way to prevent depression, frustration and resentment that may cause caregiver burnout is to take some time every day for yourself.

For more information about the Baltimore City Commission on Aging & Retirement Education Caregivers Program please call 410-396-1337 or visit our website at www.baltimorecitycaregivers.org.

Lobby Ambassador Program

The Radisson Hotel of Cross Keys has a wonderful opportunity available for older adults called the Lobby Ambassador Program. This program is designed to provide a welcoming presence in the hotel lobby during key traffic times — such as check out, check in, and heavy banquet activity. The ambassadors will greet guests and assist in providing general hotel and village-related information. This program has a flexible schedule to accommodate participants. Interested persons should contact Mike Radike, General Manager, at (410) 532-3243.

Senior MOMENTUM

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Senior Momentum is published by the Commission on Aging and Retirement Education.
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Call: 410-396-4932 • Fax: 410-385-0381

CALENDAR OF EVENTS

December 5th

Quilting 9:30 am. \$15 for eight week session (December 5th is 1st class) Action In Maturity. For more details, call (410) 889-7915.

16th

Trip to See the Living Christmas Tree – 3:00 pm
Cost: \$8. For more information, call the Southwest Senior Center at (410) 566-1311.

18th

Larks Singing Group Performance - 11:15am.
Free. For more information, call the Southwest Senior Center at (410) 566-1311.

Neighborhood Light Tour – 6 to 10 pm. Cost: \$8. For more information, call the Southwest Senior Center at (410) 566-1311.

Bowling at Shake & Bake - 10 am to 2 pm. Cost: \$12. Includes transportation, 2 games of bowling, rental of shoes, and a home-cooked lunch. For more information, call the Southwest Senior Center at (410) 566-1311.

21st

Exercise Class – 10 to 11:00 am. Action In Maturity. For more details, call (410) 889-7915.

Trip to Pennsylvania Dutch Farmers Market, Super Wal-Mart and Valley View Farms - 9:30 am to 3 pm. Cost: \$8. For more information, call the Southwest Senior Center at (410) 566-1311.

28th

Pre New Year's Gala at Martin's West, 11 am – 3 pm. Cost \$40. Cost includes transportation, entertainment and dinner. Come relax, party and have a good time with friends! For more information and tickets, call the Waxter Senior Center at (410) 396-1324.

January 4th

New Year's Brunch / Distribution of 2008 Trip and Party Calendar - 11:30 am. Cost: \$10. RSVP by December 17, 2007. For more information and to RSVP, call the Southwest Senior Center at (410) 566-1311.

February 1st-4th

Jamaica Super Bowl Beach Party, Cost: \$820 per person (double occupancy). Cost includes transportation, meals, taxes, tips, beverages and cocktails at bar, shows, fashion shows, beach party, and daily and nightly entertainment. For more information, call the Waxter Senior Center at (410) 396-1324.

14th

Valentine's Day Party / Spaghetti Dinner. Cost: \$7. For more information, call the Southwest Senior Center at (410) 566-1311.

23rd

Mystery Dinner Theater at Blair Mansion Inn, 5:45 pm – 10:30 pm. Cost \$75. Cost includes all-you-can-eat buffet, comedy mystery show and transportation. For more information, call the Waxter Senior Center at (410) 396-1324.

This edition of **Senior Momentum** is proudly sponsored by



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Specialized care for Medicare beneficiaries

See our advertisement on page 17 of the *Beacon*.

Parkinson's Disease, Not Just a Tremor!

Parkinson's Disease is a chronic, complex, slowly progressive, neurodegenerative illness impacting 1.5 million Americans as well as their families. About 50,000 to 60,000 new cases are diagnosed each year. The average age of onset is between 55 and 65 years of age. However 5-10 percent of those diagnosed have Young Onset Parkinson's Disease, which begins under the age of 40.

Parkinson's contributes to difficulties with movement as well as a host of secondary symptoms. The classic symptoms include a resting tremor, slowness of movement, stiffness, and later loss of balance. Initially the symptoms usually appear on one side of the body and progress to the other side over time. There are several illnesses that imitate Parkinson's Disease and may be mistaken for it initially. Individuals should seek the expertise of a neurologist who is knowledgeable of Parkinson's and its management.

The treatment of Parkinson's Disease is multifaceted, including medications to treat the symptoms, surgical interventions in later stages, physical therapy, occupational therapy, speech therapy, support groups, nutritional counseling, exercise and education. Fortunately, there are a number of medications that relieve the symptoms. Unfortunately, these medications do not cure Parkinson's or slow the progression. Currently, the National Institute of Neurological

Disorders and Stroke is searching for medications that may slow the progression.

Within the Maryland / Washington D.C. region there are a number of Parkinson Disease support groups, exercise classes, and education programs. Help is readily available for those living with this disorder and for their families. As with any chronic illness, individuals are strongly encouraged to take an active role in the management of this disease.

For additional information, including FREE literature, FREE support groups, and educational programs on Parkinson's Disease, you may call:

Johns Hopkins Parkinson's Disease
and Movement Disorder Center
(410) 955-8795
www.hopkinspdmd.org

Parkinson Foundation of the National Capital Area
(703) 891-0821
www.parkinsonfoundation.org

Johns Hopkins Parkinson's Disease and Movement Disorder Center is in Partnership with the Baltimore City Commission on Aging, (CARE) - Community Services Division - Health Promotions

The Baltimore City Commission on Aging and Retirement Education (CARE) Announces Medicare Part D Open Enrollment for 2008

November 15 through December 31, 2007 is Medicare Part D Open Enrollment Period

- Are you turning 65 and need prescription drug coverage?
- Are you enrolled in a Medicare Part D plan, need to change your plan, or need one-on-one counseling to understand your plan?
- You may be eligible to receive help to pay for Medicare Part D premiums, deductibles and co-pays by applying for the Low Income Subsidy Program (LIS)

If you need help with Medicare Part D, the Senior Health Insurance Program (SHIP) can assist you by providing individualized counseling at one of the following enrollment sites:

Hatton Senior Center 2825 Fait Avenue Baltimore, Md. 21224 (410) 396-9025	Oliver Senior Center 1700 N. Gay Street Baltimore, Md. 21213 (410) 396-3861	Sandtown Senior Center 1601 Baker Street 21217 (410) 396-7724	St. Mary's Outreach Center & AIM 3900 Roland Avenue Baltimore, Md. 21211 (410) 366-3106
November 21, 28 December 5, 12, 19, 26	November 21, 28 December 5, 12, 19, 26	November 19, 26 December 3, 10, 17, 24	November 15, 27 December 4, 18
Myerberg Senior Center 3101 Fallstaff Road Baltimore, Maryland 21209 (410) 358-6856	National Student Partnership 325 E. 25th Street Baltimore, Maryland 21218 (410) 235- 4585	Senior Network 5828 York Road Baltimore, Maryland 21212 (410) 323-7131	Waxter Senior Center 1000 Cathedral Street Baltimore, Md. 21201 (410) 396-1333
November 21, 28 December 5, 12, 19, 26	November 15, 16, 19, 20, 21, 23, 26, 27, 28, 29, 30 December 3, 4, 5, 6, 7, 10, 11, 12, 13, 14	November 30 December 7, 14	November 15, 22, 29 December 6, 13, 20, 27
CARE - 10 N. Calvert Street, Suite 300 (By appt. only) (410) 396-2273		November 16, 23, 30 December 7, 14, 21, 28	

- All sessions are held from 9:00 a.m. to 1:00 p.m.
- Contact the center to schedule an appointment
- Please bring income verification, Medicare card, health insurance information, current prescription coverage and a list of prescriptions

